**Zucchini Tater Tots – Great way to have the kids enjoy Veggie’s**

Ingredients:

* cooking spray
* 1 packed cup grated zucchini
* 1 large egg
* 1/4 medium onion, minced
* 1/4 cup grated reduced fat sharp cheddar cheese
* 1/4 cup seasoned breadcrumbs
* 1/4 tsp kosher salt and black pepper to taste

Directions:  
  
**Preheat** oven to 400°F.  **Spray a 24 Ct. muffin tray.**  **Grate** the zucchini into a clean dish towel until you have 1 packed cup.  **Wring** all of the excess water out of the zucchini, there will be a lot of water. In a medium bowl, **combine** all of the ingredients and **season** with salt and pepper to taste.

Using a spoon or cookie scoop and fill muffin tin to top. Cook 10-15 minutes until tops are browned and set.